Xavier Wellbeing Toolkit

Social Wellbeing Reflection

Social connectedness is a crucial part of our wellbeing, and due to the pandemic, feelings of isolation are at an all-time high. This week, reflect on the following questions: How can you stay connected with college friends when away from campus? How can you re-connect with family & friends from home?

This is a time to reflect -- be curious and try to withhold judgment of your thoughts.

XAVIER WELLBEING